

Latest Info On Corona Saturday 3/21/20 7pm: New and important intel highlighted

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Nomenclature:

- The virus has been named “SARS-CoV-2” and the disease it causes has been named “coronavirus disease 2019” (abbreviated “**COVID-19**”).
- **New International Case Numbers and Developments: Saturday 3/21/20 7pm**
From the Hopkins corona dashboard: <https://coronavirus.jhu.edu/map.html>
 - Worldwide: **300,000+ cases, 13K deaths**
 - **By countries hardest impacted: Italy, 4800+ deaths; China 3200+ deaths; Spain 1300+ deaths.**
 - It took more than 3 mos to reach 100K cases worldwide, and only 12 days to reach next 100K. Almost all countries now reporting cases (160 of countries and territories from about 190).

New National Case Numbers- all new

- **US cases, as of Saturday, 3/21/20, there are over 21K cases up from 14K one day ago. 3/20/20 noon, with 200 dead. All states now reporting. Hardest impacted: NY State with 5700+; Washington State 1300+; California 1000+ cases.** The first case in the US was announced on Jan 21, 2020.
- Age distribution in the US based on MMWR report of first 4000 cases in US. <https://www.cdc.gov/mmwr/volumes/69/wr/mm6912e2.htm>
Fatality was highest in persons aged ≥85, ranging from 10% to 27%, followed by 3% to 11% among persons aged 65–84 years, 1% to 3% among persons aged 55-64 years, <1% among persons aged 20–54 years, and no fatalities among persons aged ≤19 years.
- **US workers at greatest risk: see below from NYTimes 3/15/2020**
<https://www.nytimes.com/interactive/2020/03/15/business/economy/coronavirus-worker-risk.html>
 - Health care workers are at the greatest risk, followed by personal care attendants and care aides and home health aides who work with the elderly (nursing homes, rehab centers, nursing homes, rehabilitation centers, etc.). First responders are also at high risk, including firefighters, paramedics. Service job workers like cashiers and fast-food workers (Walmart, Starbucks, Uber, NYC taxi drivers) also at higher risk. Uptick is noted in Prison workers, mass transit workers, police offices, shelter system workers,

New Developments-

- About 2600 US troops stationed in Europe are under self-quarantine due to potential exposure to coronavirus. There are about 70 troops now known to be infected, The European Command has about 74K troops, many stationed in Italy.
- US-Mexico border is closing to non-essential travel. Canada-US border is now closed.
- Regional airlines shutting down. National flights have curtailed. Calls for complete shutdown are being made.
- Tax filing deadline has been pushed back from April 15 to July 15. No penalties.
- Trump says he has not used the Defense Production Act because US companies are “stepping up.” He says, “he wants them on the open market from the standpoint of pricing.”
- Pence gets covid test today due to staffer who tested positive.
- Trump says that face masks do not have to be thrown away, “we have very good liquids for doing this.”
- Tony Fauci follows this up by saying “only the CDC has guidelines on which masks can be reused and how.” There is no reliable data on this.
- Pence announces that “hundreds of millions of N-95 have been ordered,” but he could not say when they would be delivered to hospitals.
- Columbia University researchers say that even if the US cuts its transmission rate in half right now- over 650K people would become infected in next two months. Here’s the link to their modeling map of cases by state <https://www.nytimes.com/interactive/2020/03/20/us/coronavirus-model-us-outbreak.html>
- Senate nears passage of 1 Trillion dollar relief package.

- **Known Cases in NYS, Saturday 3/21/20 7pm:**

Healthcare related:

- FEMA declares NY State a Major Disaster. Disaster declaration gives the state access to billion more in aid.
- New York State now has about **8,000 confirmed COVID-19 cases** of coronavirus, with 30+ deaths, surpassing Washington State. NY State, with 6% of US population, now has 50% of all corona cases in the country. This is 10X higher number than earlier in the week. Most are in NYC. Gov. Cuomo said coronavirus testing in NY state will “dramatically” increase to about 10,000 tests per day. He said it is likely that NYS has tens of thousands of cases. **BUT NYC Health Dept. is now stopping all testing except in health care workers with moderate to severe symptoms and hospitalized patients with presumptive corona infection- the hospital testing abilities are overwhelmed. Half of the confirmed cases in NYS are under 50yrs old. This is similar to what CDC is reporting.**
- 18% of cases in NYS are being hospitalized. All non-critical surgeries in the state will now be cancelled.
- All nonessential ventilators held by ANY facility regulated by NYS Health Dept MUST make these available to the State. Cuomo says the state needs about 30K of these.

- All masks (for ex at closed dental offices) were asked to give them to the state. The state is offering a premium to any company that can produce personal protective equipment (PPE) including gloves, gowns, masks.
- **Cases in NYS include:**
 - There are 798 confirmed cases in Westchester County
 - There are 98 in Nassau County
 - There are 47 confirmed cases in Suffolk County
- **About 150 cases in New York State** are hospitalized as of 3/15/20. **NYS has 3200 ICU beds available, 80% are currently already occupied by other patients.** Gov Cuomo stated that we have only about 53K total beds in the state and that we will need 110,000 within 45 days. Cuomo reports that across the state we could have 500K cases by early May and need to hospitalize up to 110K people.

New Developments NY State:

- NY State ordered ALL non-essential workers to stay at home. (All of California implemented that a couple of days ago). This in response to the number of cases doubling in the last two days in the US. (However, we are ramping up testing).
- People under 70 are being told to limit their outside activity and mainly stay inside/ They can take a walk, walk dogs, get groceries and pharmaceuticals, but basically stay put inside. Out in public you must maintain 6ft distances.
- **People over 70 and those with chronic illness and immuno-deficiencies are being told to wear face masks when in company of others and not visit households with multiple people. It is not clear if they can go out to grocers.**
- Nonessential gatherings of any sort are prohibited.
- Essential workers, beside healthcare, include those working in groceries, pharmacies, **funeral industry**, utilities, warehouse workers, shipping, media, banks; full list to be published later today.
- Businesses allowed to stay open include: grocer, take out restaurants, health care providers, pharmacies, **funeral homes**, gas stations, convenience stores, banks, hardware stores, laundromats and cleaners, child care services, auto repair, utilities, warehouses, and distributors, plumbers and skilled contractors, animal care providers, transit, construction companies, manufacturers, It is not clear yet about farmers or food producers. NYS Gov Cuomo says the order will be backed by *enforcement and businesses (not individuals) fined*.
- **Gov of Connecticut just mandated similar restrictions and NJ is about to also.**
- NYS has now tested about **33K people**.
- **Testing is increasing and will be offered to those w medium to high level of symptoms. THIS IS CHANGED JUST NOW IN NYC.**
- **State officials have projected that the number of coronavirus cases in New York will peak in early May.**

Known Cases in NY City, Saturday 3/21/20 7pm

New York City has the highest concentration of cases in the State. On Saturday 3/21/20 there were more than 7500 cases, with some recent reports of up to 10K. Of these, 15% of these are now hospitalized. This is up from 4000+ yesterday, according to figures released by City Hall. There have now been **43 deaths- yesterday's count was 26 dead. Coronavirus is now killing one person per hour in NYC. Half of the cases in those under 50 yrs olds.**

Counts by borough as of Friday 3/20/20:

- Queens 1195 cases
 - Brooklyn 1042 cases- they have just reported a big surge, numbers not yet in as of Sat 3 21 20 for boroughs.
 - Manhattan 1038
 - Bronx 496
 - Staten Island 179.
- Cases in Long Island are dramatically rising, with nearly 2K cases, 11 deaths; most in Nassau and Suffolk counties. According to Long Island Cares, there are currently 259,000 people who rely on the services of the emergency food network. They say it's likely an additional 50,000 Long Islanders will need assistance after more businesses temporarily close.
 - NYC latest Health Alerts and advisories from Dept of Health- to subscribe go here: <https://a816-healthpsi.nyc.gov/NYCMED/Account/HANSubscribe>
 - Posted 3/20/20 ALERT#8 Advice NOT to test anyone other than health care workers with moderate symptoms or hospitalized patients.
<https://www1.nyc.gov/assets/doh/downloads/pdf/han/advisory/2020/covid-19-03202020.pdf>
 - <https://www1.nyc.gov/assets/doh/downloads/pdf/han/alert/2020/covid-19-03152020.pdf>
 - <https://www1.nyc.gov/assets/doh/downloads/pdf/han/alert/2020/covid-19-03152020.pdf>
 - **New Developments NY City: TEXT COVID to 692693 for latest NYC updates**
 - 7 homeless people living in NYC shelters have tested positive
 - About 2000 healthcare providers have voluntarily signed up for the NYC Medical Reserve corps (MRC), many are recent retirees.
 - Kennedy Airport Tower was shut for a cleaning yesterday when a worker tested positive. Air traffic control towers at LA and Chicago have similarly been closed for deep cleaning.
 - Whole Food employee in Columbus Circle has tested positive. The store was closed for a deep cleaning earlier this week.
 - NYC Blood Center is extending hours for walk ins (with appointments!!) to donate blood- they are running short.
 - NYC will now curtail testing as hospitals are overwhelmed and want to concentrate on testing workers and patients.
 - At 8p Sunday night, major restrictions will set in: All non-essential workers must be kept at home. People over 70 and those w compromised immunity should remain indoors as much as possible. These people MUST also wear a face mask when in the presence of

others. Those under 70 can leave their homes for short periods to walk but must stay 6ft from anyone else.

- **Mass transit and roads will remain open but used ONLY as last resort.** Most NYC buses will now be free by Monday- to keep away from paying near the drivers- NYC MTA wants people therefore to board from the rear and to stay away from drivers.
- Gatherings of ANY size are prohibited.
- Testing sites increase in NYC: 10 hospitals, 7 Gotham Health Community centers and 4 drive through sites now available for testing by appointment. More sites are coming aboard daily. But they are being swamped out by demand. They are shutting down ahead of regular scheduled closing because they cannot meet demand. The number to call to find out if you can get tested or need health advice re coronavirus: **in NYC call 866-692 3641. This is likely to stop as per new NYC Health Degree Alert.**
- One Naval Hospital ship will be deployed to NY and another to California (each has about 1000 beds).
- Mayor de Blasio announced that NYC will add about 8200 additional hospital beds by converting privately owned and unused city buildings into medical facilities. He has called upon the Dept of Defense to provide medical staff and other personnel and equipment to help New Yorkers deal with the crisis. The Javits Convention Center is being considered as a field hospital. Other sites also being considered as field hospitals include: SUNY Stony Brook, SUNY Westbury and Westchester Convention Center. The Army Corps of Engineers is examining the locations for feasibility; they would do the conversion. They are also examining several NYC hotels to see if this is feasible, especially as isolation negative pressure rooms.
- NYC projected need is 3M more N-96s, 25 M gowns, gloves, and coveralls, and 15,000 -25,000 more ventilators.
- Cuomo has reported on 3/21/20 that one million faces masks were coming to NYC and 500K to LI to help out hospitals.
- In the Bronx, Lincoln Hospital said they only have a few remaining ventilators available. Kings County in Bklyn said they are so low on masks they are reusing them for about a week. They are wiping them off with hand sanitizer.
- More than 150 Fire Dept personnel have tested positive, including EMTs. New York City's ambulance crews, which are stretched thin, have been told to work even if exposed to the coronavirus — as long as they are asymptomatic.
- Health care workers in NYC are also being told they can continue to work even if they have a high risk known exposure. The New York City health department guidelines, which were published on 17 March and are still effective, state that a healthcare worker who has had a "known high-risk exposure to a patient(s) with confirmed COVID-19" should "take extra care to monitor your health but can keep working" and that there is "**no requirement for 14-day quarantine of healthcare workers**".
- High-risk exposure includes having an unmasked healthcare worker having "prolonged close contact" with an unmasked patient known to be positive and performing various procedures for the patients, including intubation and sputum induction.

TRI-State Numbers

- **NJ said it has 1300+ cases with 16 dead. Connecticut has about 200 cases with 4 dead. They are both implementing more stringent social distancing including asking all people to remain indoors unless out for groceries or pharmacies.**

- **NJ Transit has curtailed its service amid huge drop in ridership.**

More Guidance on taking Care in the General Population to Prevent Infection

- People have been advised to thoroughly wash produce and wipe down items that might have been handled at grocers.
- In addition to thorough and frequent handwashing, people have been advised to thoroughly wash (using mild soap and water) the insides of nose using fingers. Then blow noses. Do not use neti pots of anything that can force virus back up into sinuses.
- Most transmission is by droplets (from coughs, sneezes). Hence the 6ft distance. Although it was shown that coronavirus can become aerosolized, Tony Fauci says it probably won't last in aerosolized form too long. (No evidence yet that it is spread thru ventilation systems).
- Keeping hands from face is paramount.
- No hand shaking.
- Practice respiratory etiquette, cover coughs, sneezes with tissues (throw away immediately) or elbow if no tissues available.
- Do NOT go out if you have any symptoms. Do not to emergency rooms
- Call provider, if no provider, **for anyone in NYS -- go to this website to find info on your local dept of health for info on testing and health care** <https://www.nyscho.org/directory/>

Surfaces:

- How long virus stays alive on surfaces: JAMA article ahead of print says: "*Our results indicate that 41 aerosol and fomite transmission of HCoV-19 is plausible, as the virus can remain viable in aerosols for 42 multiple hours and on surfaces up to days.*"
 - <https://www.medrxiv.org/content/10.1101/2020.03.09.20033217v1.full.pdf>

Healthcare New Intel

Facts of our critical supplies (from American Hospital Association)

- **There are:**

Conservative estimate of 95M US infected by time pandemic is done or we get vaccine: .
 Of these 5M will require hospitalization
 Of these 2M will need ICU
 Of these 1M will need ventilators.

There are 925K staffed hospital beds in US, running at almost 100% capacity.
 Of these, there are 95K beds in ICU
 There are 160K ventilators in US, plus 8-9K more in national stockpiles

Face masks issues:

There are 12 M N95 in the Strategic National Stockpile, about 5 M are expired (the elastic goes)

There are 30M surgical masks in the stockpile.

It appears some of this supply of masks may have already gone to Washington State.

At estimated 3.5B N95 and other masks are estimated to be needed.

It is not clear how the supply will be distributed- FEMA?

There are 15% of US over 65, abt 49M,

60% of Americans all ages have one chronic dis, 30M w diabetes.

40% of this group have 2 or more chronic diseases

Even with spreading out of the cases, we will have severe shortages

- In NYC there are about 50,000 staffed hospital beds, the Governor and mayor say we will need 100K. They anticipate we will be short 25K ventilators.
- Generally, about **20 percent of coronavirus patients require hospitalization, with about a quarter of those needing to be put on a mechanical ventilator** machine to help them breathe. Statewide, as of a couple of days ago, more than 1,200 people have been hospitalized with the virus, according to Mr. Cuomo's office. About 170 patients were in intensive care units in city hospitals, according to the city.
- But even those initial cases were straining the health care system, a worrying sign.
- Health care workers are getting infected: see for ex. This Washington Post : https://www.washingtonpost.com/health/covid-19-hits-doctors-nurses-emts-threatening-health-system/2020/03/17/f21147e8-67aa-11ea-b313-df458622c2cc_story.html
- From the CDC: they are updating recommendations regarding HCP contact tracing, monitoring, and work restrictions in selected circumstances. These include allowances for asymptomatic HCP who have had an exposure to a COVID-19 patient to **continue to work after options to improve staffing have been exhausted and in consultation with their occupational health program**. (See Additional Considerations and Recommendations at the end of the document) <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html>
- CDC says the incubation period is 2-14 days
- Asymptomatic cases are not uncommon; they can still spread.
- Greatest risk of infection is from prolonged, unprotected contact with known infected person. Also people in areas with sustained community transmission.
- The onset of infectiousness to others and duration of viral shedding not yet known.
- Coronavirus markers (RNA) has been found in upper and lower respiratory tract fluids, also in blood and stool. But whether infectious virus is present in non-pulmonary samples is not yet known. We do not yet know about breast milk, urine, vomit, and semen.
- Dr. Fauci says that he is pretty sure immunity will result from infection. How long it will last is not yet known.
- Total number of cases paper getting attention from Imperial College London modelers: <https://www.imperial.ac.uk/media/imperial-college/medicine/sph/ide/gida-fellowships/Imperial-College-COVID19-NPI-modelling-16-03-2020.pdf>
- CDC has now issued new guidance based on the 2019 clinical trial examining face masks (N95 vs surgical masks in Healthcare workers) <https://jamanetwork.com/journals/jama/fullarticle/2749214> and now says that HCWs can routinely use regular surgical mask, but N95 should be used when there is possibility of aerosol-generating procedures. See: <https://www.cdc.gov/coronavirus/2019-ncov/infection-control/index.html>
- Pregnant healthcare workers should adhere to recommended infection control practices recommended by CDC... but case by case basis can be made by health care facilities.
- Randomized control trial now underway for treatment with Remdesivir (a drug under investigation as an anti-viral drug).
- Trump is talking up use of anti-malarial drugs to treat the coronavirus.

- Healthcare workers should take care not to spread to families. Take off all clothes in isolated area upon return home (bathroom, garage), and take a soapy shower (including inside of nose). Put clothes in plastic bag wash immediately or as soon as possible. Meanwhile wipe all surfaces touched upon returning home (door knobs, steering wheels) with disinfectant cleaner.
- President Trump announced on 3 20 20 that he is using federal powers to speed production of critical supplies. But on 3 21 20 said the private manufacturers are stepping up and he wants them to get market rate.